

## Treatment Options

Depression is highly treatable, and the vast majority can return to a normal life, doing all of their regular, enjoyable activities.

**Psychotherapy.** Common therapies include cognitive behavioral therapy and interpersonal therapy which help by teaching different ways of thinking and behaving as well as changing habits that may contribute to depression.

**Antidepressant Medications** work well for many but may take some time for full effectiveness. Choosing medication, dose and treatment plan should be done under expert care and based on a person's needs and medical situation.

### **Transcranial Magnetic Stimulation (TMS).**

A non-invasive, non-drug outpatient therapy, TMS delivers magnetic pulses to a specific area in the brain involved in depression. It's typically used when medication does not provide symptom relief or the patient experiences significant side effects from medication.

**Electroconvulsive Therapy (ECT).** A long-established, safe and effective treatment for the debilitating symptoms of major depression, ECT involves the use of a brief seizure within the brain. This activity causes biochemical changes that may decrease or alleviate symptoms. ECT is typically used in place of medication when the patient has symptoms that need to be addressed more quickly, is sensitive to medication side effects or has a history of good ECT response.

## How Pine Rest Can Help

Pine Rest's clinicians are experts in treating depression and offer comprehensive mental health services for all ages. Treatment is evidence-based, which means that over time they have been tested and found to provide predictable outcomes and long-term recovery and tailored for each individual.

We provide treatment at all levels of care in safe and secure environments. Our hospitalization services include inpatient for a crisis, intensive daily programs where patients can return home in the evenings, and same-day, walk-in psychiatric urgent care for assessments. Our outpatient network provides therapy, medication management, ECT, TMS and services to support patients as they transition from hospital services to outpatient. Many services are available via telehealth.



For help, please call  
**866.852.4001**

## Services

### **Outpatient & Telehealth**

Assessments, medication management, individual and family therapy, ECT and TMS. All ages.

### **Psychiatric Urgent Care**

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

### **Crisis Services**

If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

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About depression and  
our services, or visit  
[pinerest.org/depression](https://pinerest.org/depression).



# UNDERSTANDING Depression



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## Symptoms of depression

Adults and children may be depressed if they have at least five of these symptoms occurring nearly every day for at least two weeks:

- Feeling sad or empty
- Little interest or pleasure in activities
- Noticeable changes in mood, energy level or appetite
- Feeling worthless or guilty
- Difficulty concentrating
- Feeling restless or on edge
- Letting personal hygiene go
- Recurring thoughts of hurting self
- Thinking that you'd be better off dead

### Children & teens

Although depression can occur in young children, it's more common in adolescents and, after puberty, occurs much more frequently in girls. Some additional symptoms in teens are:

- Irritability or boredom
- High-risk sexual activities
- High-risk behaviors including shoplifting, physical fights and abuse of alcohol or drugs
- Refusing to wake up for school
- Self-critical – feeling that “no one likes me”
- Not performing well at school
- Preoccupation with death



### During and after pregnancy

Depression or anxiety during or after pregnancy is called perinatal mood or anxiety disorder (PMAD). The most common complication of pregnancy and childbirth, nearly 20 percent of mothers experience some form of PMAD and roughly 10 percent of new dads.

Some of the additional symptoms are:

- Guilt
- Scary thoughts
- Obsessive worry

### Men

Men are less likely to exhibit the typical signs of depression such as crying, isolating or sadness. Instead they may become more aggressive and irritable. Common symptoms of depression in men include:

- Controlling, violent or abusive
- Excessive work or exercising
- Increased alcohol or other drug use
- Irritability or inappropriate anger
- Risky behaviors
- Physical pain and digestive problems



### In the workplace

- Withdrawal from team
- Indifference
- Putting things off, missed deadlines
- Accidents
- Seems “scattered” or absent minded
- Procrastination, indecisiveness, slowed productivity
- Late to work, afternoon fatigue
- Unsure of abilities, lack of confidence
- Low motivation, detached
- Inappropriate reactions, strained relationships
- Change in appearance

### Older adults

Less than 10 percent of older adults receive treatment for their depression because of the myth that depression is

a normal part of aging or depression symptoms are mistaken as signs of other conditions such as dementia, arthritis, cancer, heart disease, stroke, etc. Some of the additional symptoms to watch for are:

- Memory loss
- Confusion
- Social withdrawal
- Irritability
- Delusions
- Hallucinations



## What is depression?

Clinical depression is a serious medical illness. Even in its mildest form, depression is more than an occasional period of sadness. It affects mood, concentration, activity level, interests, appetite, social behavior and physical health. Left untreated, depression can have serious consequences to health, relationships, career and ability to enjoy life.

Depression is common, affecting nearly one in 10 adults each year and nearly twice as many women as men. In a 2023 study by Mental Health America, 11.5 percent of youth said they experienced severe major depression in the past year...up nearly three percent from 2019.

Depression is a common complication of illnesses such as diabetes, heart disease, stroke, COPD, eating disorders, substance use disorder and neurodegenerative diseases.